

FREQUENTLY ASKED QUESTIONS

WHAT IS A PARTIAL HOSPITALIZATION PROGRAM (PHP)?

PHP is an outpatient program that offers lodging and treatment for individuals dealing with substance use disorders. The program includes safe housing, encourages autonomy, and provides structured group support for clients.

WHAT IS THE PURPOSE OF ELITE ADVANTAGE'S PHP PROGRAM?

Elite Advantage is designed to encourage the following client outcomes:

1. Assist persons in recovery to develop the knowledge, skills, and attitudes that represent recovery-oriented behaviors.
2. Help reduce therapy-interfering behaviors and improve engagement.
3. Improve quality of life across all domains as evidenced by qualitative and quantitative assessment.
4. Reduce negative consequences of substance use and mental health disorders.
5. Reduce reliance on institutionalized care in favor of self-directed recovery.

WHO IS ELIGIBLE FOR ELITE ADVANTAGE?

Individuals who require intensive treatment and support for substance use disorders but do not require 24/7 medical supervision are typically eligible for Elite Advantage. Elite Advantage is not suitable for individuals in active psychosis, engaging in self-harm, or requiring immediate acute mental health interventions. Eligibility is determined through an assessment conducted or reviewed by Elite Recovery staff.

WHAT IS THE ELITE ADVANTAGE MEDICATION POLICY?

Clients at Elite Advantage are responsible for managing their own medications. They are given a personal lockbox to store their medications throughout the treatment period. It is expected that all clients adhere to their prescribed medication regimen.

DO YOU WORK WITH CLIENTS ON MEDICATION ASSISTED TREATMENT?

Yes. Elite Recovery Advantage works with those who are receiving medication-assisted treatment according to the following guidelines:

- Clients on methadone must be eligible for weekly takeouts and on a stable maintenance dose.
- Clients on other forms of MAT must have a sufficient supply of their medications to last at least 14 days. They may also be scheduled to see the staff MAT provider if needed.
- Our physician can provide consultation and MAT prescriptions when appropriate.

DOES ELITE ADVANTAGE ALLOW FOR THE USE OF MEDICINAL CANNABIS PRESCRIPTIONS?

No. Due to the nature of the Advantage housing, and management of medications, medicinal cannabis prescriptions are not permitted on any Elite Recovery properties.

CAN I LIVE ELSEWHERE WHILE ATTENDING ELITE ADVANTAGE?

No. Elite Advantage clients must live in the Elite Advantage sober living for the duration of their time in programming.

HOW LONG IS THE ELITE ADVANTAGE PROGRAM?

The duration of the Elite Advantage program can vary depending on individual needs and progress. **Clients are expected to complete a minimum of 8 weeks of programming.**



CAN I LEAVE THE HOUSE AFTER PROGRAMMING?

Yes. Residents may depart from the Advantage residence after programming M-F from 2:15 pm to 10:00 pm. On Saturdays and Sundays, residents are allowed to move about the community until curfew at 10:00 pm. Curfew ends daily at 6:00 am.

CAN I HAVE AN OVERNIGHT PASS?

Yes. After 30 days in the program, residents have the option to request one overnight pass each week, on either Friday or Saturday night. The house manager will then assess the request and may either approve or deny it based on various factors. Residents must return by the 10:00 pm curfew the following day.

WHAT IS THE ELITE ADVANTAGE PROGRAM SCHEDULE?

Elite Advantage programming is 25 hours of therapeutic group services a week, in addition to individual counseling sessions. Groups are held Monday through Friday 9:00 am to 2:15 pm. Lunch is served during weekly programming. Transportation is provided to and from the clinic daily. Individual sessions with a primary clinician will occur on a biweekly basis either before or after programming.

WHAT SERVICES ARE PROVIDED AT ELITE ADVANTAGE?

Elite Advantage offers a range of services, including but not limited to:

- Individual and group counseling sessions
- Health Promotion services include counseling by dietitians, occupational and recreational therapists, and registered nurses. These services include wellness education, therapeutic recreation, and occupational needs.
- Access to a mental health Nurse Practitioner, as needed for medication management.
- Aftercare planning and support for transition back into community-based IOP services.

ARE THERE SOBER HOUSE MANAGERS?

Yes. Our sober house managers, who are trained as Certified Peer Recovery Specialists (CPRS), offer assistance to clients in various areas during their stay. They conduct bi-weekly individual sessions with each client. While CPRS's do not reside on-site, 24/7 on-call staff are available to provide assistance in case of emergencies.

WHERE ARE THE CLINICS AND HOUSES LOCATED?

Our clinics and residences are located along Grand Avenue in Saint Paul and throughout the Selby, Dale, Hamline, and Mac/Groveland neighborhoods.

CAN I RECEIVE MAIL AT THE RESIDENCE?

Yes.

IS MEDICAL DETOXIFICATION PROVIDED AT ELITE ADVANTAGE?

No. While our physician can assist with certain forms of medication-assisted treatment for withdrawal management, Elite Advantage does not provide medical detoxification services. If residential detoxification is required, individuals are referred to a separate withdrawal management program before entering Elite Advantage.

ARE MEALS PROVIDED AT ELITE RECOVERY?

No, other than lunch Monday through Friday, meals are not provided to Advantage residents. Residents will have an opportunity to apply for General Assistance (GA) and SNAP benefits with our Peer Support staff.

CAN I HAVE MY PHONE WHILE IN ELITE ADVANTAGE?

Yes, clients are allowed to have electronics such as phones, tablets, and Kindles when they are in Elite Advantage; however, they are only to be used outside of programming hours and must be used responsibly and respectfully. The use may be limited if it interferes with therapy.

CAN I SMOKE CIGARETTES OR E-CIGARETTES AT ELITE ADVANTAGE?

Yes. clients may bring cigarettes to the facility so long as they are in unopened packages. Clients are allowed to smoke in designated areas when on break from programming. Clients are not allowed to smoke in Elite Advantage buildings or houses. We encourage smoking cessation, but it is not required.

CAN I BRING MY VEHICLE TO ELITE ADVANTAGE?

Yes. Elite Recovery does not have designated parking spots. Clients are responsible for finding parking that is compliant with Saint Paul parking regulations. Elite Recovery is not responsible for parking tickets, towing, theft, or vandalism to personal vehicles. Elite Recovery staff reserve the right to search personal vehicles upon suspicion of violating program rules and policies.

CAN I HAVE CASH FOR THINGS I NEED WHILE IN THE PROGRAM?

Yes. Clients are allowed to have small sums of cash in the program; however, it must be kept in the client's safe as the program is not responsible for lost or stolen valuables.

CAN I BRING ANY FOOD?

Yes. Residents are responsible for their own food, other than lunch on programming days. Limited food storage is provided for each resident. Please be mindful of the amount of food stored in the home.

CAN A LOVED ONE VISIT ME AT THE RESIDENCE?

No. Only Elite Advantage residents and staff are permitted inside the sober homes at any time.

WHAT DO I NEED TO BRING TO ELITE ADVANTAGE?

Clients are encouraged to bring the following items in no more than 2 suitcases & a backpack:

- Basic toiletries like soap, shampoo, toothbrush/toothpaste, deodorant, lotion, shaving essentials (no straight razors), cosmetics, Q-Tips, wipes, etc.
- Prescribed Medications (in original bottles when possible and up to 90-day supply)
- OTC Medications in original sealed bottles.
- Shower shoes/house shoes.
- Enough clothing to last for one week (no more than this amount due to limited space).
- Clothing and shoes to accommodate various activities and weather.
- Glasses, contacts, and other vision aids
- Personal medical devices like C-PAP, oxygen, glucose monitors, etc.
- Earphones and/or personal listening devices.
- Small iPad that can fit in client safe.
- Phone chargers and cables.
- Sound machines/humidifiers/fans if needed for sleep and comfort.

WHAT ITEMS ARE PROHIBITED DURING MY TIME AT ELITE ADVANTAGE?

- Alcohol, drugs, illicit substances, non-prescribed medications, or non-nutritive supplements.
- Chemicals and irritants such as hair dye and removal products, aromatherapy diffusers, incense, air fresheners, and any other scents or chemicals that can cause irritation or inflame allergies.
- Weapons of any kind.
- Pornographic material
- Excessive cash or valuables.
- Personal bedding, pillows, furniture, décor, or televisions. These items will be provided to you.
- Personal gaming or sound consoles/systems.
- Tools, appliances, cooking devices, internet hardware, or cameras.
- Pets
- More than 1 or 2 books or plants.



CAN I WORK WHILE IN THE ELITE ADVANTAGE PROGRAM?

Yes, clients are able to work while in the programming; however, work hours cannot interfere with treatment programming (Monday through Friday 9:00 am – 2:15 pm) and must return to the residence by 10:00 pm.

DO I NEED TO REMAIN ABSTINENT FROM ALL DRUGS AND ALCOHOL IN YOUR PROGRAM?

Yes. Clients participating in the Advantage program are asked and expected to refrain from using non-prescribed and mood-altering substances including alcohol, cannabis, and new and novel drugs.

WHAT IS YOUR DRUG TESTING POLICY?

Drug tests may be administered at any time at the client residence and/or clinic and may be requested in many forms. These tests are an important tool to help diagnose and effectively treat substance use disorder. Urine, oral fluid, or breath samples may be requested and sent for testing.

WILL I HAVE ACCESS TO SUPPORT AFTER COMPLETING ELITE ADVANTAGE?

Yes. Elite Advantage will provide aftercare support and referrals to IOP, and help you develop a relapse prevention plan. This may include outpatient therapy, support groups, sober living arrangements, and regular check-ins to ensure your continued progress in recovery.

HOW DO I PAY FOR MY TREATMENT?

Many funding sources are accepted, including Medicaid and commercial insurance and self-pay. Our services are directly billed to insurance providers as intensive outpatient services at an hourly or per-diem rate.

Clients may have copays and/or coinsurance to pay prior to entering the program, and this will be discussed during the screening and intake process. Certain services like physician, medical or mental health therapy may be billed under separate mental health and medical contracts and may have different copay.

